

KITCHEN CRAFT

ENRICHMENT PROGRAMME - all year groups, this is offered on a rotational basis.

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| <p>Tour the building</p> <p>Health & Safety in the kitchen, incl. PPE, fire evacuation</p> <p>Food preparation skills e.g. dicing, grating.</p> <p>Use of colour coded boards</p> <p>Weighing, measuring, reading scales.</p> <p>Use a knife safely for food preparation of a simple dish</p> <p>Awareness of special dietary requirements and allergies.</p> <p>Teamwork</p> | <p>Follow health and safety instructions, develop awareness of health and safety and apply knowledge.</p> <p>Assess and make judgements on the quality of food.</p> <p>Follow step by step instructions.</p> <p>Maintenance of a clean, safe and organised environment</p> <p>Store food safely and appropriately</p> | <p>Independently prepare equipment and ingredients</p> <p>Follow a recipe</p> <p>Understand and demonstrate skills when using a knife e.g. bridge, claw.</p> <p>Build confidence</p> <p>Cooking techniques e.g. boiling, frying, roasting, baking</p> <p>Take account of timings</p> <p>Clear down between in between stages of preparation and cooking.</p> <p>Answer questions about techniques used in preparation and cooking</p> | <p>Demonstrate knowledge of working safely with food</p> <p>Clearing down</p> <p>Use timing with increasing awareness and accuracy</p> <p>Taste new foods</p> <p>Seasoning</p> <p>Use colour coded boards independently and demonstrate knowledge of cross contamination</p> <p>Taste their own cooked food and that cooked by others</p> <p>Compare seasoning and textures</p> | <p>Develop culinary language, and use it appropriately</p> <p>The 'Eat Well Plate'</p> <p>Apply knowledge of the 'Eat Well Plate' to their recipe. e.g. vegetables, carbohydrates, proteins, fats and sugar</p> <p>Portion sizing for a balanced diet</p> <p>Prepare and serve a nutritional meal which has been created using fresh ingredients</p> | <p>Be confident to adjust ingredients of a recipe to suit the pallet and special dietary needs e.g. seasoning</p> <p>World foods and their traditions</p> <p>Try new world foods</p> <p>Plating for presentation</p> |